



Are You Ready to Train?

- Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
- Do you feel pain in your chest when you do physical activity?
- In the past month, have you experienced chest pain when you were not doing physical activity?
- Do you lose your balance because of dizziness or do you ever lose consciousness?
- Do you have a bone or joint problem that could be made worse by a change in your physical activity?
- Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or a heart condition?
- Do you know of any other reason why you should not do physical activity?

If you answered YES to one or more of these questions, talk with your doctor before becoming more physically active. If you are over age 69, you should talk to your doctor before starting a new training program.



If you answered **NO** to all questions then you can be reasonably sure that you can safely start a gradually increasing exercise program.

Resources: American College of Sports Medicine and AARP